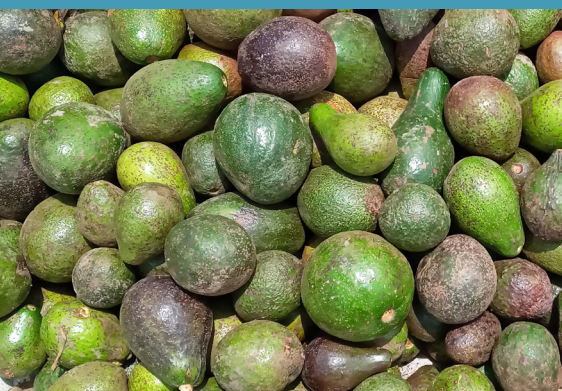




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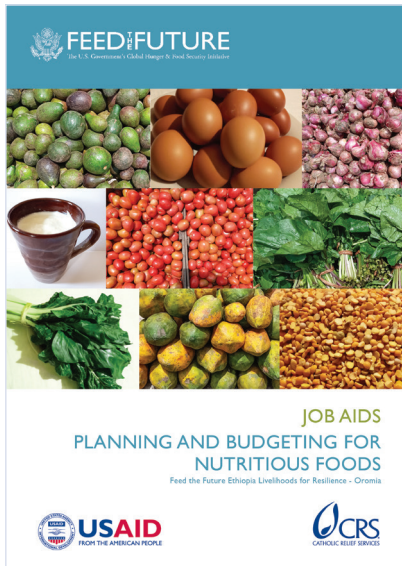
## JOB AIDS PLANNING AND BUDGETING FOR NUTRITIOUS FOODS

Feed the Future Ethiopia Livelihoods for Resilience - Oromia



**USAID**  
FROM THE AMERICAN PEOPLE





Cover photos: Teklegennet Tamiru

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# JOB AID 1:

## SIX FOOD GROUPS FOR A DIVERSE DIET

The facilitator says: Today, we will spend time reviewing the six food groups. We will then look at what we currently eat and what we would need to do to ensure a nutritious diet.



The facilitator asks: Who remembers learning about food groups?

*The facilitator observes the reactions. If participants nod their heads, raise their hands or give a signal that they recall, then the facilitator asks:*



What are the different food groups and what type of nutrients do you expect to get from each type of food?

Facilitator listens for responses for the food groups:

**1. Staple food (grains/tubers/roots)** provides carbohydrates that give you energy. Carbohydrates are important, but there are many other nutrients that the body needs to grow and be healthy. From our table here, staple foods include maize, millet, finger sorghum, wheat, and red and brown teff.

**2. Legumes and nuts** provide plant-based sources of protein. They include red beans, yellow/white beans, haricot beans and groundnuts.

**3. Animal-source foods** provide protein and good fats. Milk, yogurt and cheese are good sources of protein and calcium. Other foods are chicken, beef and eggs.

**4. Fats and seeds** are found in eggs, cow's milk, palm oil, avocado, groundnuts, fish and butter.

**5. Fruit and 6. vegetables** are good at providing many types of micronutrients that your body needs, such as vitamin A, vitamin C, folic acid and iron. Folic acid and iron are particularly important for pregnant and breastfeeding women so that the mother and child stay healthy and strong. They also help to minimize anemia. Vitamins A and C help our bodies to fight diseases.

- **Vitamin A-rich foods:** Orange-fleshed sweet potato, carrots, pumpkin, mango (ripe), papaya (ripe), kale, beetroot greens, swiss chard, eggs, milk and milk products.
- **Vitamin C-rich foods:** Swiss chard, kale, guava, tomatoes, citrus fruits, moringa, peppers, green leafy vegetables, beetroot greens.
- **Foods with vitamin B12:** Milk and eggs.
- **Folic acid-rich foods:** Red beans, white beans, yellow and white beans, chickpeas, swiss chard, tomatoes, papaya, oranges, lentils, avocado and beetroot.
- **Iron-rich foods:** Red bean, beetroot leaves, eggs, fish and meat..

When a community member mentions a food group, the facilitator points to it on the chart (over the page).




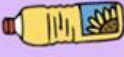


















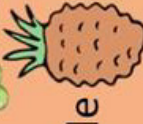



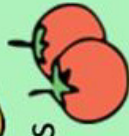

*Note to facilitator: If participants do not seem to remember the food groups, ask them food types eaten by the community and point to them on the job aid. Then review the six food groups as described below by mentioning each group, provide a few examples of each food group, and explain the nutrients it provides.*



# Eat Diversely!

**SURE programme**  
Ministry of Health &  
Ministry of Agriculture

**For good health eat at least 4 different food groups at every meal!**

STAPLES	LEGUMES/NUTS	VEGETABLES	ANIMAL FOODS	FATS	FRUITS
Millet 	Lentils 	Kale 	Egg 	Cooking oil 	Mango 
Sorghum 	Peas 	Broccoli 	Fish 	Butter 	Papaya 
Maize 	Broad beans 	Carrot 	Beef 	Sesame Seeds 	Avocado 
Teff 	Chick peas 	Orange sweet potato 	Lamb 	Linseed 	Banana 
Barley 	Beans 	Pumpkin 	Poultry 	Sunflower seeds 	Grapes 
Wheat 	Ground nut 	Cabbage 	Milk 	Pumpkin seeds 	Pineapple 
Oats 		Squash 	Yoghurt 	Avocado 	Guava 
		Tomatoes 			Orange 

# JOB AID 2:

## AN ETHIOPIAN FAMILY CONSUMING A DIVERSE DIET

### DIVERSE DIET

The facilitator says: A diverse diet consists of foods that provide different quantities and qualities of the nutrients we just discussed (e.g., proteins, carbohydrates, minerals and vitamins). A diverse diet supports a person's body to function and be healthy. Without a diverse diet, a person will be undernourished. People who are undernourished are more likely to become sick, have more difficulty learning, are not able to be as productive so earn less income and may give birth to low birthweight babies. There are different ways to create a diverse diet. Children under 2 years need to consume food from four of the six food groups each day.

A Cost of the Diet assessment conducted in the Activity's operational *woredas* identified eggs, milk, beans, swiss chard and kale as among the cheapest sources of important nutrients. In particular, consuming milk and eggs has been found to have a beneficial cost reduction when achieving a nutritious diet. Thus, it is important for a family to add eggs and milk to their diet.

A diverse meal in Ethiopia may look like this photo.

*The facilitator shows picture of a diverse diet (Job Aid 2).*





# JOB AID 3: COMPLEMENTARY FEEDING FOR CHILDREN 6-24 MONTHS<sup>1</sup>

The facilitator says: During the first 6 months of a baby's life, we only give them breastmilk. At 6 months old, you can start introducing food such as porridge, cow's milk and mashed fruit and vegetables. Porridge can be made of grains or roots/tubers and beans, and enriched with eggs and milk. From 6 to 8 months, the child will gradually increase what they consume until they are eating 2 cups of porridge, 1 cup of milk and 2 to 3 spoonfuls of mashed fruit and vegetables. As the baby gets older, they will consume a bit more porridge, milk, fruit and cooked

vegetables per day, as you can see in the illustration of the baby aged 9 to 12 months. From 12 to 24 months, the child is given more portions of food and is being introduced to regular food consumed on the family plate such as meat, eggs and vegetables.

*Note to facilitator: Specific details for each child under age 2 is provided as additional information if needed. It is not recommended to review each, but to use this information as needed.*

## Recommended daily meals

### 6-8 months



- Soft, thick porridge divided across 2 to 3 meals. Use 2 to 3 tablespoons of porridge per feed, increasing it gradually to 2 small coffee cups\* per day (1 cup per feed)
  - An additional 1 or 2 snacks of 2 to 3 spoons of mashed fruit or cooked vegetables, for example, half a mango, a small avocado or a small orange-fleshed sweet potato.
  - Cow's milk: 1 small coffee cup (per day)
  - Breastmilk on demand throughout the day
- \*Cup = 50ml

### 9-12 months



- 3 small coffee cups of soft, thick porridge split across 3 to 4 meals per day with 1 to 2 snacks of fruit and cooked vegetables
- Cow's milk: 1 small coffee cup
- Breastmilk on demand throughout the day

### 12-24 months



- Regular food (meat, eggs, vegetables) or 4 small coffee cups of porridge across 3 to 4 meals per day, with 1 or 2 snacks of fruit and cooked vegetables
- Milk: 2 small coffee cups
- Breastmilk on demand throughout the day

1. Sustainable Undernutrition Reduction in Ethiopia (SURE). 2015. *Training Manual on Infant and Young Child Feeding (IYCF) and Nutrition Sensitive Agriculture (NSA)*. Ethiopia Ministry of Health and Ministry of Agriculture and Natural Resources. Page 31.



Job Aid 3: Recommended daily meals for children aged 6 to 24 months

6-8 months



Soft thick porridge

Cow's milk

Fruit and vegetables



9-12 months



Soft thick porridge

Cow's milk

Fruit and vegetables



12-24 months



Soft thick porridge



Cow's milk



Fruit and vegetables





# JOB AID 4: RECOMMENDED FOOD CONSUMPTION FOR PREGNANT AND BREASTFEEDING WOMEN

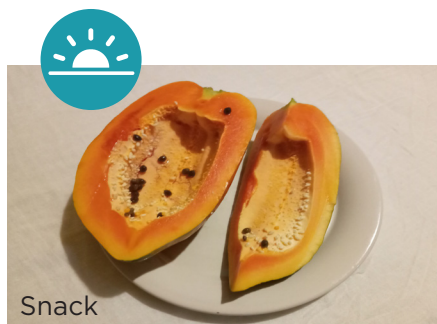
**A pregnant woman** has a life growing inside her, and needs more energy and specific micronutrients (i.e. folic acid, calcium, iodine, vitamin D, iron and good fats) to make sure the baby can grow properly and the mother stays healthy and strong. She needs one extra diverse nutrient-rich snack every day to maintain good health and strength.

**A pregnant adolescent girl** has different nutrient needs because she herself is still growing. She will need additional food that provides energy, proteins and micronutrients.

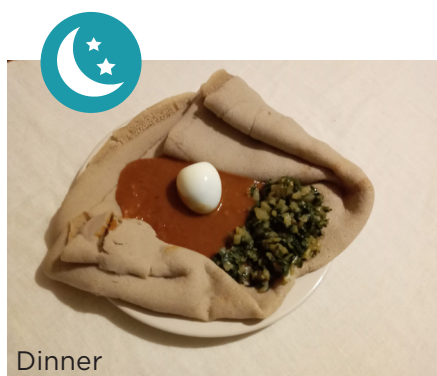
**A breastfeeding woman** needs increased energy, fats, micronutrients and protein to ensure milk production, which is the safest and cheapest way to provide nutrients to the newborn baby during their first 6 months of life. The woman will continue to breastfeed along with complementary food for up to 2 years. Milk production requires a lot of water, so it is important for a breastfeeding woman to increase their water intake both during and between feeds. During breastfeeding, she also needs two extra meals a day to maintain her health and the health of the baby.

**A breastfeeding adolescent** needs even more nutrients than an adult breastfeeding woman.

## Job Aid 4: Recommended food consumption for pregnant women



## Job Aid 4: Recommended food consumption for breastfeeding women





# JOB AID 5: FOOD SEASONAL CALENDAR

Use the following questions to seek input from participants to fill in the seasonal calendar on the next page.

1. What are the agriculture seasons? In what months do they typically occur?
2. What months will there be fasting this year?
3. For each food group, the facilitator asks the following question:
  - What food in this food group does your family consume? *The facilitator lists the food mentioned under the specific food group on Job Aid 5.*
4. For each food mentioned above, the facilitator asks the following questions:
  - What months of the year does your family consume the most and the least of this food? *The facilitator indicates the highest with XXX and the lowest with X. It is left blank if the food is not consumed in a particular month.*
  - In which months of the year do you get this food from home production? *The facilitator places a "P" in that column.*
  - In which months of the year do you get this food from the market? *The facilitator places an "M" in those columns.*
  - In which months of the year do you get the this food from PNSP? *The facilitator places "PNSP" in those columns.*
  - What is the price of this food during different months of the year? *The facilitator places the estimated price of the food and unit of purchase in each column (BR/unit).*

## DEBRIEFING THE FOOD SEASONAL CALENDAR

1. At what time of the year are you harvesting most of the food consumed by the household?
2. Are there times of the year when you are eating little or none of a specific food group? If yes, why?
3. Are there times of the year when you are buying most of your food from the market? If yes, why?
4. At the time when you are buying most of the food at the market, is the price high or low?

**Note to facilitator:** Community members that receive Productive Safety Net Programme (PSNP) distributions receive the following per person for a maximum of five household members for six months a year (January to June)

- 15 kg wheat
- 1.5 kg pulses
- Half liter oil

## Job Aid 5: Food Seasonal Calendar

[illegible]



# JOB AID 6: FINANCIAL SEASONAL CALENDAR

Ask each question below one at a time. Allow community members to provide examples of types of income sources or expenses, then ask the follow-up question related to highest and lowest. On the financial seasonal calendar (next page), distinguish highest with XXX and lowest with X. Leave blank if no income, savings, borrowing or expenses.

1. What are your sources of income? At what time of the year is income the highest and lowest?
2. At what time of the year are your savings the highest and lowest?
3. At what time of the year is your borrowing the highest and lowest?
4. What are the major business expenses you have each year? At what time of year are your business expenses the highest and lowest?
5. What are the major household expenses each year? Listen carefully and ask about each major household expense. For food expenses, ask about each food group.
  - a. At what time of the year are food expenses the highest and lowest?
  - b. At what time of year are education expenses the highest/lowest?
6. At what time of year does illness occur most or least often? At what time of year are medical expenses highest and lowest?
7. At what time of year is \_\_\_\_\_ (other expense) higher and lowest?

## DEBRIEFING THE FINANCIAL SEASONAL CALENDAR WITH THE FOOD SEASONAL CALENDAR:

1. Which months of the year have the highest food expenses? Does this align with the information captured in the food seasonal calendar (i.e. high food expenses at a time when more food is being purchased from the market at a high price).
2. Is this a time of the year when you have a lot or a little income?
3. Is this a time of year when you have a lot or little expenditure?
4. At a time of year when you have little or no food from certain food groups, what do income, savings and expenses look like (high, medium, low)?
5. What are the implications for your family to consume a nutritious diet every day?

Facilitator listens for responses such as: At the time when we need to buy certain nutritious foods, they are most expensive in the market, making them difficult to buy. Maybe we could process the food so that we could store it for longer. Maybe we could use storage technologies to save food to sell later when we can get a higher price? We don't consume nutritious foods all year round, what can we do?

## Job Aid 6: Financial seasonal calendar

Season	Dry/Bega			Belg			Rainy/ Kiremt		Early harvest		Late harvest	
Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Income												
Savings												
Borrowing												
Business expenses												
Household expenses												
Food groups												
Staple foods (grains/tubers/ roots)												
Nuts and legumes												
Animal-source foods												
Fruit and vegetables												
Food additions (salt sugar, oil, etc)												
Education												
Health care												
Other household expenses												



# JOB AID 7: TYPICAL DAILY MEAL PLAN FOR EACH SEASON

Use Job Aid 7 as a template. Recreate it on flipchart paper to capture participants' input. Ask community members the following questions for each season and capture their input on the flipchart:

Facilitator writes the season being discussed at the top of the flipchart.

- In \_\_\_\_\_ season, what would be a nutritious breakfast based on the food calendars we created? Capture the name of the meal, for example injera with eggs, then list the different ingredients to make the meal under its respective food group.
- In \_\_\_\_\_ season, what could be a nutritious lunch?
- In \_\_\_\_\_ season, what would be a nutritious dinner?
- In \_\_\_\_\_ season, what would be nutritious snacks for a day?
- If the household has children under the age of 2 years, pregnant or breastfeeding women, or pregnant adolescent girls, include additional nutritious meals/snacks needed.

## Job Aid 7: Typical daily meal for each season

Season	Meal	Food items and group					
		Staples	Legumes/ nuts	Animal-source foods	Vegetables	Fats	Fruit
Example: Breakfast	Injera with eggs	Teff		Eggs	Onion, green pepper	Oil	
Breakfast							
Lunch							
Dinner							
Snacks							
Additional meals/snacks for children under 2 years, pregnant and breastfeeding women and adolescents							

# JOB AID 8: ESTIMATED MONTHLY COST OF NUTRITIOUS FAMILY MEALS

Use the table as a template. Recreate Job Aid 8 on flipchart paper to capture participants' input. Ask community members the following questions for each season and capture their input on the flipchart. (See example below).

1. What ingredients are used to make the meals we just discussed for the \_\_\_\_\_ season? (list each ingredient)
2. For \_\_\_\_\_ season, where do we source each ingredient? (use the food seasonal calendar as a resource)
3. How much of each food do you need to make these meals for your family for one day?
4. How much does it cost for each ingredient in the amount needed. For example, it costs 20 birr to buy 500 grams of teff.
5. Calculate the cost of each food for the month by multiplying the daily cost by 30 for each day of the month. For example, 20 birr x 30 = 600 birr.
6. Add up the daily cost of nutritious meals for each season.
7. Add up the monthly cost of nutritious meals for each season.



## Job Aid 8: Estimated monthly cost of nutritious family meals (example)

Community: \_\_\_\_\_

Season: \_\_\_\_\_

Food item	Source of food	Amount per day (kg/cups/liters, etc.) (A)	Cost of food (birr) per day (B)	Cost of food (birr) per month (C = 30 X B)
Teff	Market	500g	20	30 X 20 Birr = 1,000 birr
Oil	PSNP	50 ml (1 coffee cup)		
Eggs	Home production	3		
Total			35	

Repeat Job Aids 7 and 8 for each season.

# JOB AID 9:ANNUAL BUDGET FOR NUTRITIOUS FAMILY MEALS

Use information from Job Aid 8 and Job Aid 9 to capture the monthly cost for each season and to calculate the cost for the year.

## Debriefing questions

- Are there seasons in which feeding nutritious meals to the whole family is possible?
- Are there seasons in which feeding nutritious meals for the whole family may not be possible?

## Job Aid 9: Annual budget for nutritious family meals

Early harvest		Late harvest		Dry/Bega			Belg			Rainy/Kiremt		Total
Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	



## JOB AID 10: SETTING GOALS

# **SPECIFIC**

It has a defined value.

# **MEASURABLE**

It has milestones in place to assess your progress toward achieving your goal.

# **ACHIEVABLE**

The actions to be taken will allow you to reach your goal.

# **REALISTIC**

It can be achieved given your available resources, which include time, money, support from others, environmental factors, etc. Different goals may have different requirements.

# **TIME BOUND**

It has a specific timeframe or deadline.

**SPECIFIC**

**MEASURABLE**

**ACHIEVABLE**

**REALISTIC**

**TIME BOUND**



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